

YOGA is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on. **Pilates** is designed to build and strengthen the body's core stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quads, and hamstrings.

YOGA

Day: Mondays
Date: May 10 - July 26
Time: 5:30 p.m. - 6:45 p.m.
Fee: \$79 per person or \$12 per day
Age: 18 & older
Location: Activities House



PILATES

Day: Tuesdays
Date: May 11 - July 27
Time: 5:30 p.m. - 6:30 p.m.
Fee: \$79 per person or \$12 per day
Age: 18 & older
Location: Activities House



YOGA

Day: Wednesdays
Date: May 12 - July 28
Time: 8:45 a.m. - 9:45 a.m.
Fee: \$79 per person or \$12 per class
Age: 18 & older
Location: Activities House



YOGA

Day: Thursdays
Date: May 13 - July 29
Time: 1:00 p.m. - 2:00 p.m.
Fee: \$79 per person or \$12 per class
Age: 18 & older
Location: Activities House



YOGA

Day: Fridays
Date: May 14 - July 30
Time: 8:30 a.m. - 10:00 a.m.
Fee: \$79 per person
Age: 18 & older
Location: Activities House



***No classes for Yoga and Core Body Boot Camp on May 31 - June 4 / June 28 - July 2 / July 5 - July 9**

***Save 20% when you register for 2 classes within the same session. This includes Pilates and Core Body Boot Camp!**



CORE BODY BOOT CAMP

It's Yoga/Pilates Fusion time! This class is GREAT for the student athlete or dancer!

Day: Thursdays
Date: May 13 - July 29
Time: 5:30 p.m. - 6:45 p.m.
Fee: \$79 per person or \$12 per day
Age: 14 & older
Location: Activities House



MASSAGE

This particular style of chair massage is based on a traditional Japanese acupressure sequence that in 15 minutes includes the neck, shoulders, back, arms, hands, and scalp. Designed to enhance circulation while making the participant feel vibrant and refreshed.

Day: Mondays, Wednesdays, Thursdays
Date: Beginning in May
Time: 5:30 p.m. - 9:00 p.m.
Fee: \$1 per minute
based on a minimum of 15 minutes
Age: 18 & older
Location: Activities House

* All participants required to preregister two days in advance of the date in which they wish to participate.



**TIRED OF THE SAME OLD EXERCISE ROUTINE?
TAKE PART IN A BOOT CAMP THAT ACTUALLY
SHOWS RESULTS!**

This summer attend the
FAYETTE COUNTY PARKS AND RECREATION

We are looking for a few good men or women that are ready to shed pounds, build stamina, increase cardio endurance, and get in shape during the summer. Classes will be held three times a week for a total of 12 classes.

Register Now!

Preregistration is required for these camps and participants must register two days prior to the start of the camp.

For more info
770.716.4322

Day: Monday, Wednesday, Saturday
Date: Session I: May 3 - May 28
Session II: June 7 - July 3
Session III: July 5 - July 30
Session IV: August 2 - August 27
Time: 6:30 p.m. - 7:30 p.m.
9:00 a.m. - 10:00 a.m.
Fee: \$180 per session
Locations: Kenwood Park
McCurry Park